

## Dealing With Bullies

Bullying is a big problem that affects lots of kids. Three-quarters of all kids say they have been bullied or teased. Being bullied can make kids feel really bad, and the stress of dealing with it can make them feel sick.

### **Why Do Bullies Act That Way?**

Some bullies are looking for attention. Sometimes bullies know that what they're doing or saying hurts other people. Most bullies don't understand or care about the feelings of others.

## Bullying: How to Handle It

**Don't give the bully a chance.** As much as you can, avoid the bully. You can't go into hiding or skip class, of course. But if you can take a different route and avoid the mean kid, do so.

**Stand tall and be brave.** When you're scared of another person, you're probably not feeling your bravest. But sometimes just acting brave is enough to stop a bully. How does a brave person look and act? Stand tall and you'll send the message: "Don't mess with me." It's easier to feel brave when you feel good about yourself.

**Get a buddy (and be a buddy).** Two is better than one if you're trying to avoid being bullied.

## If The Bully Says or Does Something to You

**Ignore the bully.** If you can, try your best to ignore the bully's threats. Pretend you don't hear them and walk away quickly to a place of safety.

**Stand up for yourself.** Pretend to feel really brave and confident. Tell the bully "No! Stop it!" in a loud voice. Then walk away, or run if you have to.

**Tell an adult.** If you are being bullied, it's very important to tell an adult. Find someone you trust and talk about what is happening to you. Teachers, principals, parents, and lunchroom helpers at school can all help to stop bullying.

## What Happens to Bullies?

In the end, most bullies wind up in trouble. If they keep acting mean and hurtful, sooner or later they may have only a few friends left — usually other kids who are just like them. The power they wanted slips away fast. Other kids move on and leave bullies behind.

Adapted from: <https://kidshealth.org/en/kids/bullies.html>